

		Acerola Cherry	Common Cherry	Apple	Orange	Pear	Blueberry	
	All Serving Sizes: Per 100g							
 Acerola Cherry	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	752 0 0.1 0.4 0.6 0 13.7 1677 0 -	64 0 0 0.2 4 0.2 0 7 0.1 2.1	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	IU mg mg mg mg mg mcg mg mg mcg
 Acerola Cherry	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	143 10.8 17.6 11.8 0.2 0.6 - 0.1 0.1 0.1 1.1	222 21 11 13 0.4 0 0.1 0.1 0.1 2.1	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	mg mg mg mg mg mcg mg mg mg g

**** N.B. All values highlighted in RED represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient ****

Can "an apple a day" really keep the doctor away? what do you think?

		Apricot	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Apricot	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	1926 0 0 0.6 0.2 0.1 9 10 0.9 3.3	38 0 0 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Apricot	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	259 23 10 13 0.4 0.1 0.1 0.1 0.2 2.0	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

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Can "an apple a day" really keep the doctor away? what do you think?

		Avocado	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Avocado	Vit A	140	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.7	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.9	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	35	0	17	7	6	2	mcg
	Vit C	17.4	4	45	4.2	9.7	10.8	mg
	Vit E	2.7	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	-	0.6	0	4.5	20.3	14.6	mcg
 Avocado	Potassium	351	90	169	119	77	191	mg
	Phosphorus	40	11	12	11	12	20	mg
	Magnesium	24	4	10	7	6	7	mg
	Calcium	10	5	43	9	6	6	mg
	Iron	0.2	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	-	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.3	0	0	0.1	0.1	0.1	mg
	Zinc	0.4	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	5.6	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Cantaloupe	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Cantaloupe	Vit A	3382	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.7	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.1	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	21	0	17	7	6	2	mcg
	Vit C	36.7	4	45	4.2	9.7	10.8	mg
	Vit E	0.1	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	2.5	0.6	0	4.5	20.3	14.6	mcg
 Cantaloupe	Potassium	267	90	169	119	77	191	mg
	Phosphorus	15	11	12	11	12	20	mg
	Magnesium	12	4	10	7	6	7	mg
	Calcium	9	5	43	9	6	6	mg
	Iron	0.2	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.4	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0	0	0	0	0.3	0.1	mg
	Copper	0	0	0	0.1	0.1	0.1	mg
	Zinc	0.2	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	0.9	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Chocolate Pudding Fruit	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Chocolate Pudding Fruit	Vit A	420	38	225	23	54	66	IU
	Vit B1 (Thiamine)	-	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.2	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	-	0.1	0.3	0	0.1	0.1	mg
	Vit B6	-	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	-	0	17	7	6	2	mcg
	Vit C	191	4	45	4.2	9.7	10.8	mg
	Vit E	-	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	-	0.6	0	4.5	20.3	14.6	mcg
 Chocolate Pudding Fruit	Potassium	360	90	169	119	77	191	mg
	Phosphorus	23	11	12	11	12	20	mg
	Magnesium	-	4	10	7	6	7	mg
	Calcium	22	5	43	9	6	6	mg
	Iron	0.4	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	-	0	0.5	0.1	0.1	0.1	mcg
	Manganese	-	0	0	0	0.3	0.1	mg
	Copper	-	0	0	0.1	0.1	0.1	mg
	Zinc	-	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.6	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Dragon Fruit	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Dragon Fruit	Vit A	-	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.4	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	-	0.1	0.3	0	0.1	0.1	mg
	Vit B6	-	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	-	0	17	7	6	2	mcg
	Vit C	25	4	45	4.2	9.7	10.8	mg
	Vit E	-	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	-	0.6	0	4.5	20.3	14.6	mcg
 Dragon Fruit	Potassium	436	90	169	119	77	191	mg
	Phosphorus	36	11	12	11	12	20	mg
	Magnesium	-	4	10	7	6	7	mg
	Calcium	8.8	5	43	9	6	6	mg
	Iron	0.7	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	-	0	0.5	0.1	0.1	0.1	mcg
	Manganese	-	0	0	0	0.3	0.1	mg
	Copper	-	0	0	0.1	0.1	0.1	mg
	Zinc	-	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	0.9	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Golden Berry	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Golden Berry	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	720 0.1 - 4 - - - 43 - -	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Golden Berry	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	- 56 - 13 - - 1.4 - - - 4.9	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.1 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

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Can "an apple a day" really keep the doctor away? what do you think?

		Goji Berry	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Goji Berry	Vit A	8500	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.2	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	1.3	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	-	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	-	0.1	0.3	0	0.1	0.1	mg
	Vit B6	-	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	-	0	17	7	6	2	mcg
	Vit C	> 100	4	45	4.2	9.7	10.8	mg
	Vit E	-	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	-	0.6	0	4.5	20.3	14.6	mcg
 Goji Berry	Potassium	1130	90	169	119	77	191	mg
	Phosphorus	> 22	11	12	11	12	20	mg
	Magnesium	109	4	10	7	6	7	mg
	Calcium	112	5	43	9	6	6	mg
	Iron	8.4	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	50	0	0.5	0.1	0.1	0.1	mcg
	Manganese	> 0.1	0	0	0	0.3	0.1	mg
	Copper	> 0.1	0	0	0.1	0.1	0.1	mg
	Zinc	2	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	7.7	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Guava	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Guava	Vit A	624	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	1.1	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	49	0	17	7	6	2	mcg
	Vit C	228	4	45	4.2	9.7	10.8	mg
	Vit E	0.7	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	2.6	0.6	0	4.5	20.3	14.6	mcg
 Guava	Potassium	417	90	169	119	77	191	mg
	Phosphorus	40	11	12	11	12	20	mg
	Magnesium	22	4	10	7	6	7	mg
	Calcium	18	5	43	9	6	6	mg
	Iron	0.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.2	0	0	0	0.3	0.1	mg
	Copper	0.2	0	0	0.1	0.1	0.1	mg
	Zinc	2	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	5.2	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Jackfruit	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Jackfruit	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	297 - 0.1 0.4 - 0.1 14 6.7 0 0	38 0 0 0.1 0.1 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Jackfruit	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	303 36 37 34 0.6 0.6 0.2 0.2 0.4 1.6	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

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Can "an apple a day" really keep the doctor away? what do you think?

		Kiwi	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Kiwi	Vit A 87 Vit B1 (Thiamine) 0 Bit B2 (Riboflavin) 0 Vit B3 (Niacin) 0.3 Vit B5 (Pantothenic Acid) 0.1 Vit B6 0.2 Vit B9 (Folate) 25 Vit C 92.7 Vit E 1.5 Vit K 40.3		38	225	23	54	66	IU
			0	0.1	0	0	0.1	mg
			0	0	0	0	0.1	mg
			0.1	0.4	0.2	0.4	0.2	mg
			0.1	0.3	0	0.1	0.1	mg
			0	0.1	0	0.1	0.1	mg
			0	17	7	6	2	mcg
			4	45	4.2	9.7	10.8	mg
			0.1	0.2	0.1	0.6	0.2	mg
			0.6	0	4.5	20.3	14.6	mcg
 Kiwi	Potassium 312 Phosphorus 34 Magnesium 17 Calcium 3 Iron 0.3 Selenium 0.2 Manganese 0.1 Copper 0.1 Zinc 0.1 Fibre 3.0		90	169	119	77	191	mg
			11	12	11	12	20	mg
			4	10	7	6	7	mg
			5	43	9	6	6	mg
			0.1	0.1	0.2	0.3	0.4	mg
			0	0.5	0.1	0.1	0.1	mcg
			0	0	0	0.3	0.1	mg
			0	0	0.1	0.1	0.1	mg
			0.1	0.1	0.1	0.2	0.1	mg
			1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Lychee	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Lychee	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.6	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	14	0.1	0.3	0	0.1	0.1	mg
	Vit B6	-	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	0.1	0	17	7	6	2	mcg
	Vit C	71.5	4	45	4.2	9.7	10.8	mg
	Vit E	0.1	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0.4	0.6	0	4.5	20.3	14.6	mcg
 Lychee	Potassium	171	90	169	119	77	191	mg
	Phosphorus	31	11	12	11	12	20	mg
	Magnesium	10	4	10	7	6	7	mg
	Calcium	5	5	43	9	6	6	mg
	Iron	0.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	1.3	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Mango	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Mango	Vit A	765	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.6	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.3	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	14	0	17	7	6	2	mcg
	Vit C	28	4	45	4.2	9.7	10.8	mg
	Vit E	1.1	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	4.2	0.6	0	4.5	20.3	14.6	mcg
 Mango	Potassium	156	90	169	119	77	191	mg
	Phosphorus	11	11	12	11	12	20	mg
	Magnesium	0	4	10	7	6	7	mg
	Calcium	10	5	43	9	6	6	mg
	Iron	0.1	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	1.8	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Moringa Fresh Leaf	Moringa Dried Leaf	Apple	Orange	Pear	Blueberry	
	All Serving Sizes: Per 100g							
 Moringa Oleifera	Vit A	6780	36000	38	225	23	54	IU
	Vit B (Choline)	423	-	-	-	-	-	mg
	Vit B1 (Thiamine)	0.2	2.6	0	0.1	0	0	mg
	Bit B2 (Riboflavin)	0.1	21	0	0	0	0	mg
	Vit B3 (Niacin)	0.1	8.2	0.1	0.4	0.2	0.4	mg
	Vit B5 (Pantothenic Acid)	0.1	-	0.1	0.3	0	0.1	mg
	Vit B6	1.2	-	0	0.1	0	0.1	mg
	Vit B9 (Folate)	40	-	0	17	7	6	mcg
	Vit C	220	17	4	45	4.2	9.7	mg
	Vit E	448	113	0.1	0.2	0.1	0.6	mg
	Vit K	-	2	0.6	0	4.5	20.3	mcg
 Moringa Oleifera	Potassium	259	1324	90	169	119	77	mg
	Phosphorus	70	204	11	12	11	12	mg
	Magnesium	24	368	4	10	7	6	mg
	Calcium	440	2006	5	43	9	6	mg
	Iron	7	28.2	0.1	0.1	0.2	0.3	mg
	Selenium	1	> 1	-	0.5	0.1	0.1	mcg
	Sulpur	137	870	0	-	-	-	mg
	Manganese	1.9	8.4	0	0	0	0.3	mg
	Copper	1.1	0.6	0	0	0.1	0.1	mg
	Zinc	0.2	3.3	0.1	0.1	0.1	0.2	mg
	Fibre	0.9	19.2	1.3	2.4	3.1	2.2	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Passion Fruit	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Passion Fruit	Vit A	1272	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.1	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	1.5	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	14	0.1	0.3	0	0.1	0.1	mg
	Vit B6	-	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	0.1	0	17	7	6	2	mcg
	Vit C	30	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0.7	0.6	0	4.5	20.3	14.6	mcg
 Passion Fruit	Potassium	348	90	169	119	77	191	mg
	Phosphorus	68	11	12	11	12	20	mg
	Magnesium	29	4	10	7	6	7	mg
	Calcium	12	5	43	9	6	6	mg
	Iron	1.6	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	-	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	5.6	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Papaya	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Papaya	Vit A	1094	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.3	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	38	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.2	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	0	0	17	7	6	2	mcg
	Vit C	61.8	4	45	4.2	9.7	10.8	mg
	Vit E	0.7	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	2.6	0.6	0	4.5	20.3	14.6	mcg
 Papaya	Potassium	257	90	169	119	77	191	mg
	Phosphorus	5	11	12	11	12	20	mg
	Magnesium	10	4	10	7	6	7	mg
	Calcium	24	5	43	9	6	6	mg
	Iron	0.1	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0	0	0	0	0.3	0.1	mg
	Copper	0	0	0	0.1	0.1	0.1	mg
	Zinc	0.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	1.8	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Pineapple	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Pineapple	Vit A	52	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Bit B2 (Riboflavin)	0	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.5	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.2	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	11	0	17	7	6	2	mcg
	Vit C	16.9	4	45	4.2	9.7	10.8	mg
	Vit E	-	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0.8	0.6	0	4.5	20.3	14.6	mcg
 Pineapple	Potassium	125	90	169	119	77	191	mg
	Phosphorus	9	11	12	11	12	20	mg
	Magnesium	12	4	10	7	6	7	mg
	Calcium	13	5	43	9	6	6	mg
	Iron	0.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	0	0	0.5	0.1	0.1	0.1	mcg
	Manganese	1.6	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	5.1	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Sweet Potato	White Potato	Apple	Orange	Pear	Blueberry	
	All Serving Sizes: Per 100g							
 Sweet Potato	Vit A	14,185	2	225	23	54	66	IU
	Vit B1 (Thiamine)	-	-	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.1	0.1	0	0	0	0.1	mg
	Vit B3 (Niacin)	0.1	0	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.6	1.1	0.3	0	0.1	0.1	mg
	Vit B6	0.8	0.3	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	0.2	0.3	17	7	6	2	mcg
	Vit C	11	16	45	4.2	9.7	10.8	mg
	Vit E	2.4	19.7	0.2	0.1	0.6	0.2	mg
	Vit K	0.3	0	0	4.5	20.3	14.6	mcg
		1.8	1.9					
 Sweet Potato	Potassium	337	421	169	119	77	191	mg
	Phosphorus	47	57	12	11	12	20	mg
	Magnesium	25	23	10	7	6	7	mg
	Calcium	30	12	43	9	6	6	mg
	Iron	0.6	0.8	0.1	0.2	0.3	0.4	mg
	Selenium	0.6	0.3	0.5	0.1	0.1	0.1	mcg
	Manganese	0.3	0.2	0	0	0.3	0.1	mg
	Copper	0.2	0.1	0	0.1	0.1	0.1	mg
	Zinc	0.3	0.3	0.1	0.1	0.2	0.1	mg
	Fibre	3.0	2.2	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Fruit Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Tamarind	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Tamarind	Vit A	30	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.4	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.2	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	1.9	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	0.1	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	14	0	17	7	6	2	mcg
	Vit C	3.5	4	45	4.2	9.7	10.8	mg
	Vit E	0.1	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	2.8	0.6	0	4.5	20.3	14.6	mcg
 Tamarind	Potassium	628	90	169	119	77	191	mg
	Phosphorus	113	11	12	11	12	20	mg
	Magnesium	92	4	10	7	6	7	mg
	Calcium	74	5	43	9	6	6	mg
	Iron	2.8	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	1.3	0	0.5	0.1	0.1	0.1	mcg
	Manganese	-	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	5.1	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

Medicinal Mushrooms

		Crimini Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Crimini Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.5	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	3.8	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	14	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Crimini Mushroom	Potassium	448	90	169	119	77	191	mg
	Phosphorus	120	11	12	11	12	20	mg
	Magnesium	9	4	10	7	6	7	mg
	Calcium	18	5	43	9	6	6	mg
	Iron	0.4	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	26	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.5	0	0	0.1	0.1	0.1	mg
	Zinc	1.1	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	0.6	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Enoki Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Enoki Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.2	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.2	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	5.9	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	52	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Enoki Mushroom	Potassium	368	90	169	119	77	191	mg
	Phosphorus	109	11	12	11	12	20	mg
	Magnesium	16	4	10	7	6	7	mg
	Calcium	1	5	43	9	6	6	mg
	Iron	1.1	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	2.2	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.1	0	0	0.1	0.1	0.1	mg
	Zinc	0.6	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.7	1.3	2.4	3.1	2.2	0.9	g

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Can "an apple a day" really keep the doctor away? what do you think?

		Maitake Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Maitake Mushroom	Vit A	0	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.2	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	6.6	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.5	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	29	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Maitake Mushroom	Potassium	204	90	169	119	77	191	mg
	Phosphorus	74	11	12	11	12	20	mg
	Magnesium	10	4	10	7	6	7	mg
	Calcium	1	5	43	9	6	6	mg
	Iron	0.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	2.2	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.3	0	0	0.1	0.1	0.1	mg
	Zinc	0.7	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.7	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Oyster Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Oyster Mushroom	Vit A	48	38	225	23	54	66	IU
	Vit B1 (Thiamine)	0.1	0	0.1	0	0	0.1	mg
	Vit B2 (Riboflavin)	0.3	0	0	0	0	0.1	mg
	Vit B3 (Niacin)	5	0.1	0.4	0.2	0.4	0.2	mg
	Vit B5 (Pantothenic Acid)	1.3	0.1	0.3	0	0.1	0.1	mg
	Vit B6	0.1	0	0.1	0	0.1	0.1	mg
	Vit B9 (Folate)	27	0	17	7	6	2	mcg
	Vit C	0	4	45	4.2	9.7	10.8	mg
	Vit E	0	0.1	0.2	0.1	0.6	0.2	mg
	Vit K	0	0.6	0	4.5	20.3	14.6	mcg
 Oyster Mushroom	Potassium	420	90	169	119	77	191	mg
	Phosphorus	120	11	12	11	12	20	mg
	Magnesium	18	4	10	7	6	7	mg
	Calcium	3	5	43	9	6	6	mg
	Iron	1.3	0.1	0.1	0.2	0.3	0.4	mg
	Selenium	2.6	0	0.5	0.1	0.1	0.1	mcg
	Manganese	0.1	0	0	0	0.3	0.1	mg
	Copper	0.2	0	0	0.1	0.1	0.1	mg
	Zinc	0.8	0.1	0.1	0.1	0.2	0.1	mg
	Fibre	2.3	1.3	2.4	3.1	2.2	0.9	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Portabella Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Portobello Mushroom	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	0 0.1 0.5 4.5 1.5 0.1 22 0 0 0	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Portobello Mushroom	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	484 130 11 8 0.6 11 0.1 0.4 0.6 1.5	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?

		Shiitake Mushroom	Apple	Orange	Pear	Blueberry	Grape	
	All Serving Sizes: Per 100g							
 Shiitake Mushroom	Vit A 0 Vit B1 (Thiamine) 0.1 Bit B2 (Riboflavin) 0.3 Vit B3 (Niacin) 3.9 Vit B5 (Pantothenic Acid) 1.4 Vit B6 0.2 Vit B9 (Folate) 14 Vit C 0 Vit E 0 Vit K 0	0 0 0.3 3.9 1.4 0.2 14 0 0 0	38 0 0 0.1 0.1 0 0 4 0.1 0.6	225 0.1 0 0.4 0.3 0.1 17 45 0.2 0	23 0 0 0.2 0 0 7 4.2 0.1 4.5	54 0 0 0.4 0.1 0.1 6 9.7 0.6 20.3	66 0.1 0.1 0.2 0.1 0.1 2 10.8 0.2 14.6	IU mg mg mg mg mg mcg mg mg mcg
 Shiitake Mushroom	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc Fibre	326 111 19 2 0.5 6.3 0.2 0.2 1 1.5	90 11 4 5 0.1 0 0 0 0.1 1.3	169 12 10 43 0.1 0.5 0 0 0.1 2.4	119 11 7 9 0.2 0.1 0 0.1 0.1 3.1	77 12 6 6 0.3 0.1 0.3 0.1 0.2 2.2	191 20 7 6 0.4 0.1 0.1 0.1 0.1 0.9	mg mg mg mg mg mcg mg mg mg g

**** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient ****

Can "an apple a day" really keep the doctor away? what do you think?

Medicinal Mushrooms Serving Size = 100g	 Shiitake Mushroom	 Portobello Mushroom	 Oyster Mushroom	 Maitake Mushroom	 Reishi Mushroom	Unit
Vit A	0	0	48	0	-	IU
Vit B1 (Thiamine)	0.1	0.1	0.1	0.1	-	mg
Vit B2 (Riboflavin)	0.3	0.5	0.3	0.2	-	mg
Vit B3 (Niacin)	3.9	4.5	5	6.6	-	mg
Vit B5 (Pantothenic Acid)	1.4	1.5	1.3	0.3	-	mg
Vit B6	0.2	0.1	0.1	0.1	-	mg
Vit B9 (Folate)	14	22	27	29	-	mcg
Vit C	0	0	0	0	-	mg
Vit E	0	0	0	0	-	mg
Vit K	0	0	0	0	-	mcg
Potassium	326	484	420	204	-	mg
Phosphorus	111	130	120	74	-	mg
Magnesium	19	11	18	10	-	mg
Calcium	2	8	3	1	-	mg
Iron	0.5	0.6	1.3	0.3	-	mg
Selenium	6.3	11	2.6	2.2	-	mcg
Manganese	0.2	0.1	0.1	0.1	-	mg
Copper	0.2	0.4	0.2	0.3	-	mg
Zinc	1	0.6	0.8	0.7	-	mg
Fibre	1.5	1.5	2.3	2.7	-	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Medicinal Mushrooms Serving Size = 100g	 Lion's Mane Mushroom	 Enoki Mushroom	 Crimini Mushroom	 Cordyceps Mushroom	 Agaricus Blazei Mushroom	Unit
Vit A	-	0	0	-	-	IU
Vit B1 (Thiamine)	5.3	0.2	0.1	-	0.5	mg
Vit B2 (Riboflavin)	-	0.2	0.5	-	2.8	mg
Vit B3 (Niacin)	-	5.9	3.8	-	40.9	mg
Vit B5 (Pantothenic Acid)	3.9	1.5	1.5	-	-	mg
Vit B6	18	0.1	0.1	-	-	mg
Vit B9 (Folate)	-	52	14	-	-	mcg
Vit C	-	0	0	-	-	mg
Vit E	-	0	0	-	-	mg
Vit K	-	0	0	-	-	mcg
Potassium	-	368	448	-	30	mg
Phosphorus	-	109	120	-	-	mg
Magnesium	-	16	9	-	-	mg
Calcium	-	1	18	-	42	mg
Iron	-	1.1	0.4	-	0.4	mg
Selenium	-	2.2	26	-	-	mcg
Manganese	-	0.1	0.1	-	0.2	mg
Copper	-	0.1	0.5	-	0.1	mg
Zinc	-	0.6	1.1	-	-	mg
Fibre	-	2.7	0.6	-	69	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

"5 Portions of Fruit per Day?" ... Which 5 Fruit Portions Do You Think Your Cells and Organs Prefer?

Chart #1	5 x Common Western Fruits							5 x Tropical / Sub-Tropical Fruits							
	Apple	Orange	Pear	Grape	Blue Berry			Acerola Cherry	Canta-loupe	Guava	Kiwi	Passion Fruit			
All Serving Sizes: Per 100g						Total							Total		
Vit A	38	225	23	66	54	406		752	3382	624	87	1272	6117	IU	
Vit B1 (Thiamine)	0	0.1	0	0.1	0	0.2		0	0	0.1	0	0	0.1	mg	
Bit B2 (Riboflavin)	0	0	0	0.1	0	0.1		0.1	0	0	0	0.1	0.2	mg	
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.4	1.3		0.4	0.7	1.1	0.3	1.5	4	mg	
Vit B5 (Panto Acid)	0.1	0.3	0	0.1	0.1	0.6		0.6	0.1	0.5	0.1	14	15.3	mg	
Vit B6	0	0.1	0	0.1	0.1	0.3		0	0.1	0.1	0.2	-	0.4	mg	
Vit B9 (Folate)	0	17	7	2	6	32		13.7	21	49	25	0.1	109	mg	
Vit C	4	45	4.2	10.8	9.7	73.7		1677	36.7	228	92.7	30	2064	mcg	
Vit E	0.1	0.2	0.1	0.2	0.6	1.2		0	0.1	0.7	1.5	0	2.3	mg	
Vit K	0.6	0	4.5	14.6	20.3	40		-	2.5	2.6	40.3	0.7	46.1	mg	
Potassium	90	169	119	191	77	646		143	267	417	312	348	1487	mg	
Phosphorus	11	12	11	20	12	56		10.8	15	40	34	68	168	mg	
Magnesium	4	10	7	7	6	27		17.6	12	22	17	29	97.6	mg	
Calcium	5	43	9	6	6	69		11.8	9	18	3	12	53.8	mg	
Iron	0.1	0.1	0.2	0.4	0.3	1.1		0.2	0.2	0.3	0.3	1.6	2.6	mg	
Selenium	-	0.5	0.1	0.1	0.1	0.8		0.6	0.4	0.6	0.2	0.6	2.4	mcg	
Manganese	0	0	0	0.1	0.3	0.4		-	0	0.2	0.1	-	0.3	mg	
Copper	0	0	0.1	0.1	0.1	0.3		0.1	0	0.2	0.1	0.1	0.5	mg	
Zinc	0.1	0.1	0.1	0.1	0.2	0.6		0.1	0.2	2	0.1	0.1	2.5	mg	
Fibre	1.3	2.4	3.1	0.9	2.2	9.9		1.1	0.9	5.2	3.0	5.6	15.8	g	

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? Which fruit menu do you think your cells will prefer each day?

A Comparison of 5 x Common Western Foods vs 5 x Superior Nutrient-Dense Foods

Chart #2	5 x Common Western Foods						5 x Nutrient-Dense Foods						
	Apple	Orange	Iceberg Lettuce	White Mush'	White Potato		Acerola Cherry	Kiwi	Moringa Fresh Leaf	Oyster Mush'	Sweet Potato		
All Serving Sizes: Per 100g						Total						Total	
Vit A	38	225	502	0	2	767	752	87	6780	48	14,185	21,852	IU
Vit B (Choline)	-	-	-	-	-	-	-	-	423	-	-	423	mg
Vit B1 (Thiamine)	0	0.1	0	0.1	0.1	0.3	0	0	0.2	0.1	0.1	0.4	mg
Bit B2 (Riboflavin)	0	0	0	0.4	0	0.4	0.1	0	0.1	0.3	0.1	0.6	mg
Vit B3 (Niacin)	0.1	0.4	0.1	3.6	1.1	5.6	0.4	0.3	0.1	5	0.6	6.4	mg
Vit B5 (Panto Acid)	0.1	0.3	0.1	1.5	0.3	2.3	0.6	0.1	0.1	1.3	0.8	2.9	mg
Vit B6	0	0.1	0	0.1	0.3	0.5	0	0.2	1.2	0.1	0.2	1.7	mg
Vit B9 (Folate)	0	17	29	16	16	32	13.7	25	40	27	11	116.7	mg
Vit C	4	45	2.8	2.1	19.7	73.6	1677	92.7	220	0	2.4	1992.1	mcg
Vit E	0.1	0.2	0.2	0	0	0.5	0	1.5	448	0	0.3	449.8	mg
Vit K	0.6	0	24.1	0	1.9	26.6	-	40.3	-	0	1.8	42.1	mg
Potassium	90	169	141	318	421	1139	143	312	259	420	337	1471	mg
Phosphorus	11	12	20	86	57	186	10.8	34	70	120	47	281.8	mg
Magnesium	4	10	7	9	23	53	17.6	17	24	18	25	101.6	mg
Calcium	5	43	18	3	12	81	11.8	3	7	3	30	54.8	mg
Iron	0.1	0.1	0.4	0.5	0.8	1.9	0.2	0.3	1	1.3	0.6	3.4	mg
Selenium	-	0.5	0.1	9.3	0.3	10.2	0.6	0.2	137	2.6	0.6	141	mcg
Manganese	0	0	0.1	0	0.2	0.3	-	0.1	1.9	0.1	0.3	2.4	mg
Copper	0	0	0	0.3	0.1	0.4	0.1	0.1	1.1	0.2	0.2	1.7	mg
Zinc	0.1	0.1	0.2	0.5	0.3	1.2	0.1	0.1	0.2	0.8	0.3	1.5	mg
Fibre	1.3	2.4	1.2	1.0	2.2	8.1	1.1	3.0	0.9	2.3	3.0	10.3	g

** N.B. All values highlighted in **RED** represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #3	International Nutrition ... High Nutrient Fruits & Foods										Low Nutrients		
											:(	:(	
	Acerola Cherry	Apricot	Canta-loupe	Goji Berry	Kiwi	Passion Fruit	Moringa Fresh Leaf	Moringa Dry Leaf	Kale	Sweet Potato	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	752	1926	3382	8500	87	1272	6780	36,000	15,276	14,185	38	225	IU
Vit B (Choline)	-	-	-	-	-	-	423	-	-	-	-	-	mg
Vit B1 (Thiamine)	0	0	0	0.2	0	0	0.2	2.6	0.1	0.1	0	0.1	mg
Bit B2 (Riboflavin)	0.1	0	0	1.3	0	0.1	0.1	21	0.1	0.1	0	0	mg
Vit B3 (Niacin)	0.4	0.6	0.7	-	0.3	1.5	0.1	8.2	1	0.6	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.6	0.2	0.1	-	0.1	14	0.1	-	0.1	0.8	0.1	0.3	mg
Vit B6	0	0.1	0.1	-	0.2	-	1.2	-	0.6	0.2	0	0.1	mg
Vit B9 (Folate)	13.7	9	21	-	25	0.1	40	-	29	11	0	17	mg
Vit C	1677	10	36.7	> 100	92.7	30	220	17	120	2.4	4	45	mcg
Vit E	0	0.9	0.1	-	1.5	0	448	113	-	0.3	0.1	0.2	mg
Vit K	-	3.3	2.5	-	40.3	0.7	-	2	817	1.8	0.6	0	mg
Sulphur	-	-	-	-	-	-	-	870	-	-	-	-	
Potassium	143	259	267	1130	312	348	259	1324	447	337	90	169	mg
Phosphorus	10.8	23	15	> 22	34	68	70	204	56	47	11	12	mg
Magnesium	17.6	10	12	109	17	29	24	368	34	25	4	10	mg
Calcium	11.8	13	9	112	3	12	7	2006	135	30	5	43	mg
Iron	0.2	0.4	0.2	8.4	0.3	1.6	1	28.2	1.7	0.6	0.1	0.1	mg
Selenium	0.6	0.1	0.4	50	0.2	0.6	137	> 1	0.9	0.6	-	0.5	mcg
Manganese	-	0.1	0	> 0.1	0.1	-	1.9	8.4	0.8	0.3	0	0	mg
Copper	0.1	0.1	0	> 0.1	0.1	0.1	1.1	0.6	0.3	0.2	0	0	mg
Zinc	0.1	0.2	0.2	2	0.1	0.1	0.2	3.3	0.4	0.3	0.1	0.1	mg
Fibre	1.1	2.0	0.9	7.7	3.0	5.6	0.9	19.2	2.0	3.0	1.3	2.4	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #4	Common Western Nutrition ... Low Nutrient Fruits & Foods												
	Apple	Blue Berry	Common Cherry	Grape	Grape Fruit	Lemon	Lime	Pear	Pineapple	Cabbage	Iceberg Lettuce	White Potato	
All Serving Sizes: Per 100g													
Vit A	38	54	64	66	259	30	50	23	52	98	502	2	IU
Vit B1 (Thiamine)	0	0	0	0.1	0	0.1	0	0	0.1	0.1	0	0.1	mg
Bit B2 (Riboflavin)	0	0	0	0.1	0	0	0	0	0	0	0	0	mg
Vit B3 (Niacin)	0.1	0.4	0.2	0.2	0.2	0.2	0.2	0.2	0.5	0.2	0.1	1.1	mg
Vit B5 (Panto. Acid)	0.1	0.1	4	0.1	9	-	8	0	0.2	0.2	0.1	0.3	mg
Vit B6	0	0.1	0.2	0.1	0.3	0.2	0.2	0	0.1	0.1	0	0.3	mg
Vit B9 (Folate)	0	6	0	2	0	0.1	0	7	11	43	29	16	mg
Vit C	4	9.7	7	10.8	37	77	29.1	4.2	16.9	36.6	2.8	19.7	mg
Vit E	0.1	0.6	0.1	0.2	-	-	0.2	0.1	-	0.2	0.2	0	mcg
Vit K	0.6	20.3	2.1	14.6	-	-	0.6	4.5	0.8	76	24.1	1.9	mg
Potassium	90	77	222	191	127	145	102	119	125	170	141	421	mg
Phosphorus	11	12	21	20	9	15	18	11	9	26	20	57	mg
Magnesium	4	6	11	7	8	12	6	7	12	12	7	23	mg
Calcium	5	6	13	6	15	61	33	9	13	40	18	12	mg
Iron	0.1	0.3	0.4	0.4	0.1	0.7	0.6	0.2	0.3	0.5	0.4	0.8	mg
Selenium	-	0.1	0	0.1	1.4	-	0.4	0.1	0	0.3	0.1	0.3	mcg
Manganese	0	0.3	0.1	0.1	0	-	0	0	1.6	0.2	0.1	0.2	mg
Copper	0	0.1	0.1	0.1	0	0.3	0.1	0.1	0.1	0	0	0.1	mg
Zinc	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	mg
Fibre	1.3	2.2	2.1	0.9	1.1	4.7	3.1	3.1	5.1	2.5	1.2	2.2	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #5	International Nutrition ... High & Low Nutrient Fruits & Foods												
	High	Low	High	Low	High	Low	High	Low	High	Low	High	Low	
	Acerola Cherry	Orange	Passion Fruit	Apple	Goji Berry	Blue Berry	Kale	Iceberg Lettuce	Moringa Dry Leaf	Cabbage	Sweet Potato	White Potato	
All Serving Sizes: Per 100g													
Vit A	752	225	1272	38	8500	54	15,276	502	36,000	98	14,185	2	IU
Vit B (Choline)	-	-	-	-	-	-	-	-	-	-	-	-	mg
Vit B1 (Thiamine)	0	0.1	0	0	0.2	0	0.1	0	2.6	0.1	0.1	0.1	mg
Bit B2 (Riboflavin)	0.1	0	0.1	0	1.3	0	0.1	0	21	0	0.1	0	mg
Vit B3 (Niacin)	0.4	0.4	1.5	0.1	-	0.4	1	0.1	8.2	0.2	0.6	1.1	mg
Vit B5 (Panto. Acid)	0.6	0.3	14	0.1	-	0.1	0.1	0.1	-	0.2	0.8	0.3	mg
Vit B6	0	0.1	-	0	-	0.1	0.6	0	-	0.1	0.2	0.3	mg
Vit B9 (Folate)	13.7	17	0.1	0	-	6	29	29	-	43	11	16	mg
Vit C	1677	45	30	4	> 100	9.7	120	2.8	17	36.6	2.4	19.7	mcg
Vit E	0	0.2	0	0.1	-	0.6	-	0.2	113	0.2	0.3	0	mg
Vit K	-	0	0.7	0.6	-	20.3	817	24.1	2	76	1.8	1.9	mg
Sulphur (Healthy)	-	-	-	-	-	-	-	-	870	-	-	-	
Potassium	143	169	348	90	1130	77	447	141	1324	170	337	421	mg
Phosphorus	10.8	12	68	11	> 22	12	56	20	204	26	47	57	mg
Magnesium	17.6	10	29	4	109	6	34	7	368	12	25	23	mg
Calcium	11.8	43	12	5	112	6	135	18	2006	40	30	12	mg
Iron	0.2	0.1	1.6	0.1	8.4	0.3	1.7	0.4	28.2	0.5	0.6	0.8	mg
Selenium	0.6	0.5	0.6	-	50	0.1	0.9	0.1	> 1	0.3	0.6	0.3	mcg
Manganese	-	0	-	0	> 0.1	0.3	0.8	0.1	8.4	0.2	0.3	0.2	mg
Copper	0.1	0	0.1	0	> 0.1	0.1	0.3	0	0.6	0	0.2	0.1	mg
Zinc	0.1	0.1	0.1	0.1	2	0.2	0.4	0.2	3.3	0.2	0.3	0.3	mg
Fibre	1.1	2.4	5.6	1.3	7.7	2.2	2.0	1.2	19.2	2.5	3.0	2.2	g

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Can "an apple a day" really keep the doctor away? ... Which fruit menu do you think your cells will prefer each day?

Chart #6	High Nutrient Nuts and Seeds										Low Nutrients		
		*Salt :(			*Salt :(						:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Flax Seed	Pumpkin Seed	Sesame Seed	Sunflower Seed	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	50	9	50	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	78.7	-	25.6	55.1	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.6	0.1	0.8	1.5	0	0.1	mg
Vit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.1	0.2	0.4	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	3.1	1.2	4.5	8.3	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.5	0.7	0.1	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	1.0	0.1	0.8	1.3	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	87	15	97	227	0	17	mg
Vit C	0	0	0.5	0	0	6.2	0.6	1	0	1.4	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.3	-	0.3	33.2	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	4.3	-	0	0	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	30	80	11	9	-	-	
Potassium	1029	1029	660	658	658	1261	813	350	468	645	90	169	mg
Phosphorus	675	675	593	358	358	603	642	180	629	660	11	12	mg
Magnesium	395	395	292	176	176	29	392	30	351	325	4	10	mg
Calcium	367	367	37	54	54	12	255	80	975	78	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	5.7	1.2	14.5	5.2	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	25.4	12.6	5.7	53	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	2.5	0.7	2.5	1.9	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	1.2	0.3	4.1	1.8	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	4.3	1.5	7.8	5	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	27.3	0	11.8	8.6	1.3	2.4	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Be careful when consuming "over-salted" processed foods! Can "an apple a day" really keep the doctor away?

Chart #7	High Nutrient Nuts - Popular Nuts										Low Nutrients		
	USA	*Salt :(			*Salt :(		USA		USA		:(	:(	
	Almond (Raw)	Almond (Salted)	Cashew (Raw)	Peanut (Raw)	Peanut (Salted)	Pistachio (Raw)	Macadamia (Raw)	Pine Nut (Raw)	Pecan (Raw)	Walnut (Raw)	Apple	Orange	
All Serving Sizes: Per 100g													
Vit A	1.4	1.4	0	0	0	680	0	29	56	20	38	225	IU
Vit B (Choline)	71.9	71.9	-	55.3	55.3	-	-	55.8	40.5	39.2	-	-	mg
Vit B1 (Thiamine)	0.1	0.1	0.4	0.4	0.4	1.1	1.2	0.4	3.7	0.3	0	0.1	mg
Bit B2 (Riboflavin)	1.2	1.2	0.1	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0	0	mg
Vit B3 (Niacin)	5.3	5.3	1.1	13.5	13.5	1.6	2.5	4.4	1.2	1.1	0.1	0.4	mg
Vit B5 (Panto. Acid)	0.1	0.1	0.1	1.4	1.4	0.6	0.8	0.1	0.9	1.1	0.1	0.3	mg
Vit B6	0.2	0.2	0.4	0.3	0.3	2.1	0.3	0.3	0.2	0.5	0	0.1	mg
Vit B9 (Folate)	45.5	45.5	25	145	145	62.7	11	34	22	98	0	17	mg
Vit C	0	0	0.5	0	0	6.2	1.2	0.8	1.1	1.3	4	45	mcg
Vit E	35.9	35.9	0.9	6.9	6.9	2.8	0.5	9.3	1.4	0.7	0.1	0.2	mg
Vit K	0	0	34.1	0	0	0.7	-	53.9	3.5	2.7	0.6	0	mg
Sodium	1.4	*468	12	6	*813	1.2	5	2	0	2	-	-	
Potassium	1029	1029	660	658	658	1261	368	595	410	441	90	169	mg
Phosphorus	675	675	593	358	358	603	188	575	277	346	11	12	mg
Magnesium	395	395	292	176	176	29	130	251	121	158	4	10	mg
Calcium	367	367	37	54	54	12	85	16	70	98	5	43	mg
Iron	6.2	6.2	6.7	2.3	2.3	1.6	3.7	5.5	2.5	2.9	0.1	0.1	mg
Selenium	3.9	3.9	3.9	19.9	19.9	8.6	3.6	0.7	5.7	4.9	-	0.5	mcg
Manganese	3.6	3.6	3.6	1.7	1.7	-	4.1	8.8	3.8	3.4	0	0	mg
Copper	1.6	1.6	2.2	0.7	0.7	1.5	0.8	1.3	1.2	1.6	0	0	mg
Zinc	4.9	4.9	5.8	3.3	3.3	0.1	1.3	6.4	4.5	3.1	0.1	0.1	mg
Fibre	16.3	16.3	16.3	8.0	8.0	12.7	8.6	3.7	9.6	6.7	1.3	2.4	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Be careful when consuming "over-salted" processed foods! Can "an apple a day" really keep the doctor away?